

F*** My Life

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ryan Ball (USA) - June 2025

Music: Manchild - Sabrina Carpenter



*1 Restart

Intro: 16 Counts

K-Step

- 1-2 Step RF Forward Diagonally To R Side (1), Step LF Forward Together Next To RF (2)
- 3-4 Step LF Back Diagonally To L Side (3), Step RF Back Together Next To LF (4)
- 5-6 Step RF Back Diagonally To R Side (5), Step LF Back Together Next To RF (6)
- 7-8 Step LF Forward Diagonally To L Side (7), Step RF Forward Next To LF (8)

Weave, 2x 1/8 L Turn Pivot

- 1-2 Step RF To R Side (1), Step LF Behind RF (2)
- 3-4 Step RF To R Side (3), Step LF Across RF (4)
- 5-6 Step RF To R side (5), 1/8 Pivot On L Shoulder (6)
- 7-8 Step RF To R side (7), 1/8 Pivot On L Shoulder (8)

Note: Restart on Wall 4 (12:00) after 16 Counts

2x Step and Point, 1/2 R Turn Jazzbox

- 1-2 Step RF Forward (1), Point LF To L Side (2)
- 3-4 Step LF Forward (2), Point RF To R Side (4)
- 5-6 Step RF Across LF (5), 1/4 Step LF Clockwise (6)
- 7-8 1/4 Step RF Clockwise (7), Step LF Together Next To RF (8)

Rocking Chair, 2x Step and 1/2 Turn Pivot

- 1-2 Rock RF Forward (1), Recover Weight On LF (2)
 - 3-4 Rock RF Back (3), Recover Weight On LF (4)
 - 5-6 Step RF Forward (5), 1/2 Pivot Turn on L Shoulder (6)
 - 7-8 Step RF Forward (7), 1/2 Pivot Turn on L Shoulder (8)
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